



Chichester

Friday 3rd October 2014

WORTH THE WEEKLY NEWS RUMOR

www.chichesterherald.co.uk

@chichesterherald

HERALD

Local News | Community | Crime & Courts | Health & Beauty | Arts & Events | Sport | Business & Finance | Education & Training | Environment

Win a meal for 2 at Murrays at the Ship Hotel
COMPETITION
Page 10

Win two tickets to see The Equalizer
COMPETITION
Page 20

Garlic and rumsun reduce risk of early childbirth
DENISE KELLY
Page 24

Arundel Bishop 'shames' church

» Husband threatens to sue Catholic Church for bishop's affair with wife

By Sarah Eoff
HERALD CHICHESTER HERALD CO. UK

A BISHOP is threatening to sue the Catholic Church after an Arundel Bishop was exposed at the weekend after being 'shamed' on his doorstep and being 'bashed' to his knees.

According to the Mail on Sunday, one of Britain's leading bishops allegedly became 'the devil person in miniature' after being 'bashed' to his knees.

The Bishop of Arundel, Kevin Gooey, stood alone at the weekend after admitting he had broken his sexual celibacy.

In a confession read out to parishioners, the 59-year-old admitted being 'unfaithful to my

graceful'. The act is understood to be related to a relationship he had with a woman 30 years ago.

However, Bishop Gooey is now facing a legal threat from a man whose 49-year-old wife allegedly stayed at least three nights at the bishop's house within the year.

According to the woman's husband, who employed a private detective to track her movements, she was allegedly spotted sleeping with him in Brighton in June and the pair exchanged hundreds of text messages.

Love letters between the bishop and the woman written in recent months have reportedly emerged in which he told her that her husband

Continued on page 3



The Bishop of Arundel stood alone at the weekend after admitting he had broken his vows of celibacy

MORE HEADLINES »

MAN GUARDED OVER
KIDNAP AND BURNING ATTACK
EVIDENCE

Page 7
LOCAL AUTHORITY'S PLANNING
TEAM ACTIVITY TO OUR
ARMED FORCES

Page 8
SUPPORTING CHILDREN
IN NEED FOR BURNING IN
JULY 2014

Page 14



NEW IS...WARM

Discover all the benefits of a new home this autumn with Barratt Homes at Canal Walk

Get more at barratthomes.co.uk or call 01243 779754



Image is subject to availability and is not for sale

LOWERY JEWELLERS

Free service of repair and wrist watches and jewellery available in store



We purchase many more makes of Swiss Watches



LONGINES

TAG HEUER

JAS GAWRONSKI

RAYMOND WEIL

GUCCI

OMEGA

74 North Street, Chichester, West Sussex, PO19 1LQ Tel. 01243 789518 Email: lowery@btconnect.com

www.loweryjewellers.co.uk



FOLLOW US ON TWITTER
@chichesterhd

Continued from page 1

Husband threatens to sue Catholic Church for bishop's affair with wife



does not know her. The man, who has filed for divorce, is claiming that the bishop's conduct for women was well known among the Catholic hierarchy. He says their failure to take action directly led to the bishop

of his marriage.

Bishop Kirby told *The Mail on Sunday* at the weekend that he had been open to public with the mother of two and that they had been to the family Maundy, a Maundy

celebration and the bishop, together,

but he insisted that his relationship with her was not the reason for his resignation, and that he had quit over a different relationship.

The husband's lawyer told Bishop Kirby had been able to respond on the issue like and he devastated about, appalled to the religious leader for help in seeing his marriage, two said.

Clare Kirby, of Kirby and Co, said the man was considering action against the Church, although the case was "in its infancy".

He said: "My client was trying to deal with this confidentially and went to the bishop for help in reconciling his marriage after he became aware that the bishop was the third person in his marriage. I first wrote to the bishop in mid-July of my client some months ago, asking him to respond, but heard nothing back."

"Two days ago, but all we got was a menacing letter from the bishop's lawyers indicating the possibility of defamation proceedings."

He added the man was "hesitant" to pursue acceptance

because revealing his identity would harm "his professional" for the couple's children.

She indicated the alleged affair had been going on for "about a year".

On Saturday, Bishop Kirby said: "I want to apologise to the individuals hurt by my actions and those to all of those inside and outside the diocese."

Criticism who worshipped under Bishop Kirby have been paying for him and offering their forgiveness and allegiance of his office, the Church said.

Diocese Mark Woods, from the diocese of Arundel and Brighton, said Williams could remember him "with fondness".

He said: "There has been a feeling of great shock and sadness from Williams at Bishop Kirby's resignation. We offer him our prayers and support."

£20,000 for information on Bosham murder

A REWARD of up to £20,000 is being offered by the investigating charity Crimestoppers, for information leading to the arrest and conviction of the person or persons responsible for the murder of Valerie Green.

Valerie, 59, was found dead on 30 December 2013 whilst alone sitting at a round table in a barbers. It is believed that she was attacked in her bed during the night by an intruder using a hammer. She died as a result of severe head injuries.

Valerie was an artist who was well-loved. She had two grown-up children and two grandchildren, and had recently moved back to Sussex from Scotland to help care for her elderly mother in Brighton Bay.

On the case needs assistance of her death, Crimestoppers is

offering a reward of up to £20,000 with a further £5,000 offered by Sussex Police, for information that is passed to the charity Crimestoppers on 0800 555 111, as a number leading to the arrest and conviction of the person or persons responsible.

Angela Halsehead, Crimestoppers' Area Manager for Sussex, said: "Valerie's murder was extremely brutal and her family has been devastated by her death. It is hoped that, by increasing the reward, this may assist in increasing someone to come forward and provide us with the critical information that may solve this crime."

"Crimestoppers will continue to contact Crimestoppers immediately without the fear of their identity being revealed. Anyone who provides information to Crimestoppers could earn a

reward of up to £20,000 for information that is passed to the charity Crimestoppers on 0800 555 111, as a number leading to the arrest and conviction of the person or persons responsible."

Crimestoppers' Area Manager for Sussex, said: "Valerie's murder was extremely brutal and her family has been devastated by her death. It is hoped that, by increasing the reward, this may assist in increasing someone to come forward and provide us with the critical information that may solve this crime."

"Crimestoppers will continue to contact Crimestoppers immediately without the fear of their identity being revealed. Anyone who provides information to Crimestoppers could earn a

Westminster House is set on 35 acres of West Sussex's finest parkland on the outskirts of the historic city of Chichester.

Boasting its own 18-hole Dovesdale, Pond Apple Orchard and Manning Gardens the building is a Grade II listed Georgian building together with later additions provide an idyllic setting for the running and recovery of the 30 residents that our Home caters for.

We promise good warm, old-fashioned care and hospitality. Come and visit us for experience this. We offer Full Nursing Care, Respite & Short Stays.

Westminster House, Stone Street, Chichester PO18 1NF
Tel: 01243 721214 Fax: 01243 728838
admin@westminsterhouse.co.uk

Anorak Corner

Impending images of
information on the site

Kingley Vale has one of Europe's most impressive yew forests. The forest contains yews as much as 2,600 years old, which are some of the oldest living organisms in Great Britain. Their survival is remarkable because most ancient yew trees across Europe were felled after the 14th century, being the preferred material for the staves of English longbows.

NOW

H	T	M	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

GET

H	T	M	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

YOU

H	T	M	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DAYS

H	T	M	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

YOU

H	T	M	T	F	S	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

THE

H	T	M	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

NEED

H	T	M	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOT

H	T	M	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

CAN

H	T	M	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

TREATMENT

H	T	M	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

IN

H	T	M	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MONTHS.

H	T	M	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

There's no need to wait for surgical treatment. And you don't need private medical insurance either. You can pay for yourself at Nuffield Health Chichester Hospital, with just one affordable all-inclusive payment that opens the door to expert treatment and compassionate care. With our exclusive Promise we will meet any comparable price and all the orthopaedic follow-up care you need, included in the price you pay for as long as you need it!

An invitation to meet our Consultants:

Go-going knee problems? Ask an expert with Mr Andy Cossey, Consultant Orthopaedic Surgeon

Thursday 6th November 2014, 6pm

Nuffield Health Chichester Hospital, 70 Droyls Road, Chichester, West Sussex PO20 5SH

Don't wait. Get in touch now.

For more information and to book your place at our open event:

01243 880796

nuffieldhealth.com/chichester-jp

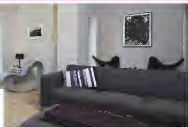


Nuffield Health
Hospitals

*Not including any treatment with other hospitals. Local area defined as with a 25 miles of the Nuffield Health Hospital. We will match against written quotes only. Where possible we promise to ensure you to receive any follow-up, surgery, treatment or care that is clinically required from your consultant for as long as you require it. If a problem is used in part of your treatment this is guaranteed for the manufacturer's official lifetime of the product. "Locally required" means where failure or non-compliance with the product of a patient's condition is deemed necessary in order to result of surgical treatment.

PropertyLife

...because life is for living



- Complimentary monthly property magazine for Hampshire, Sussex and Surrey
- Property Life was created following a widespread demand for a complimentary high end property publication within the affluent Sussex, Surrey and Hampshire areas
- Property Life magazine includes: Features and columns on home interiors, garden design, property market information, financial investment and mortgages, eco living, property development, dining and travel
- Distributed to: Chichester, Arundel, Emsworth, Storrington, Petworth, Midhurst, Petersfield, Liphook, Havant, Chiddingfold, Bosham, Felpham, Pulborough and the Witterings
- Distribution points to include: Estate Agents, Waitrose, BHS, John Lewis, Homebase, leisure clubs, hotels and spas, private hospitals, cafes and high end retailers
- Full design support and marketing assistance
- Adverts start from as little as £350 per edition
- Magazine uploaded to our website for our online readers

Why Advertise?

Who are we? We are Chichester, the leading local media house in a country where a 20% character value is a continuous value. We want to provide a full property magazine to over 70,000 affluent people distributed in the main coast of England's most affluent areas. With the significant rise in the property market, Property Life is of great interest to property purchasers and well-to-do high-end estate agents offering several luxury homes. With adverts starting from as little as £350 per issue your company will see many benefits from advertising in Property Life - www.property-life.co.uk

Property Life Ltd, Suite 804, 26 The Hornet, Chichester, West Sussex, PO19 7BB

Tel: 01243 200250 Email: info@property-life.co.uk

Twitter: @PropertyLifeMag Web: www.property-life.co.uk

Concern for missing Charlotte



Missing Charlotte Louise Rickard

POLICE are concerned for the welfare of Charlotte Louise Rickard who has not been seen since leaving a mental health unit in Chichester on Monday (29 September).

Charlotte, 21, was last seen at College Lane at 4.30pm heading towards Chichester city centre.

She is described as white, 5' 6", of slim build, with short chestnut shoulder length hair, blue eyes and was wearing an off white polo neck, grey trousers and trainers and was possibly carrying a rucksack.

PC Mark Green said: "We are concerned for Charlotte and would ask anyone who has seen her or knows where she is to make contact with police."

Horse dies in attack

A HORSE had to be destroyed after it became entangled in an electric fence to such an extent that its owners believe it was trapped in a delirious state.

The horse, called George, was discovered in a field in Middeley Lane, Bognor Regis, on Tuesday September 2. It was lying on the ground with the electric fence wrapped tightly around its neck around its left fore and hind legs. It was released, but the incident had caused considerable injuries to both legs and George, sadly, had to be put to sleep a few days later.

Linda Malters and Zoe Malters, who run Bell Equine at 20 on Fane, believe that someone was responsible for its attack on the horse. Zoe said: "I'd just thought it was just an unfortunate incident

where George had got himself tangled up in the fence. However, the number of times that the fence line was wrapped around each foot aroused our suspicions and we called the police. Unfortunately, the law was so tight that it cut off circulation to both feet and the vet was unable to save them or, ultimately, George."

PC Janet Walker and "there is no apparent reason why this horse or these stables should have been targeted in this isolated incident, but we would like to hear from anyone who has any information about the incident or who has experienced anything similar."

"If you please email: enquiries@chichester.gov.uk or call us quoting serial 2092 of 21/09."

Man charged over knife and bleach attack, Emsworth

SUSPECT in a knife attack on Saturday (27 September) before police were called to Church Road, Newhouse, near Emsworth, is a report of a man having been stabbed and sprayed with bleach.

The 30-year-old was taken to St Richard's Hospital, Chichester, but later released after treatment.

Alan Patrick Brown, 43, also of Church Road, Newhouse, Emsworth, has been charged with wounding the man with intent to do his previous bodily harm. He has due to appear before Chichester Magistrates on Monday (10 September).

Police have appealed for anyone who saw what happened or has other information about the incident to email: enquiries@chichester.gov.uk, police or phone us, quoting serial 2092 of 2/10.

Alternatively they can contact the independent charity Chichesterpress free and confidentially on: 01243 786321.

Getaway driver runs over pedestrian's foot in Bognor Regis

POLICE are appealing for witnesses after a car was driven over a pedestrian's foot in Newbury Road, Bognor Regis, at 10.40pm on Saturday (29 September).

The 30-year-old woman suffered swelling and bruising after a dark coloured people carrier was driven over her foot. The car did not stop and drove off towards Chichester

Road. She was taken to St Richard's Hospital, Chichester, for treatment.

PC Mark Green said: "The passenger of the car had just been confronted as he was suspected of stealing bags from a local shop. We believe the victim may have been helping others to try and stop him from leaving when she was hit."

He would like to speak to anyone who witnessed the collision or the theft. Also if you have any other information which could help our investigations please contact us."

The passenger is described as a white man, 5' 6", of stocky build with short sandy coloured hair. He was wearing a grey T-shirt with writing on the front and dark trousers. He also had a tattoo on his

right upper arm.

The driver of the car was described as a white man, with long hair.

Any witness or anyone with information is asked to email: enquiries@chichester.gov.uk, or call us quoting serial 2092 of 2/10. Alternatively, call the independent charity Chichesterpress confidentially on: 01243 786321.

Chichester College

Open Events

Join us at one of our upcoming open events to see how our Official 'Outstanding' college is 'Changing Lives Through Learning'

A-Level TALKS
 Have a Go Activities
1.15pm-2.30pm

Student Centre
1.15pm-2.30pm

Apprenticeships
1.15pm-2.30pm

Refreshments
1.15pm-2.30pm

Chichester College

Chichester Campus

TUES 14 OCT 2014 4.30-7.30pm
SAT 8 NOV 2014 10am-1.00pm
THUR 10 MAR 2015 4.30-7.30pm

Book now for **GOLD MEET** which includes a visit to the college, lunch, refreshments, a presentation and a chance to ask questions. Book now on www.chichester.ac.uk please book early!

Brinsbury Campus

SAT 11 OCT 2014 10am-1pm
SAT 14 MAR 2015 10am-12pm

For details please contact:
01243 786321 | www.chichester.ac.uk

Chichester college

Ofsted
 Outstanding
2013-2015

Local authorities pledge their support to our armed forces



A SOLID commitment to support our armed forces was reaffirmed last week when local councils and businesses met to discuss the Armed Forces Covenant.

The Armed Forces Covenant sets out the relationship between the nation, the Government and the armed forces and recognises that local authorities up and down the country have a moral obligation to members of the military and their families.

It sets out a number of tangible commitments the Government must honour, both at a national and local level.

In attendance were officers and executives from West Sussex County Council, the county's district and borough councils, members of the West Sussex Fire and Rescue Services, the Police and the Sussex Enterprise Partnership.

They were joined by The High Sheriff of West Sussex Jonathan Lucas Esq, Sue Park, Executive Director Communities and Public Protection and Chief Fire Officer and senior officers from the Royal Artillery Joint Command based at the Royal Artillery Barracks in Fareham.

Topics discussed included

housing and benefits, taking care of the veteran population and helping to ensure a smooth transition and reintegration back into civilian life at the end of military service.

A number of speakers from the Royal British Legion, Household Cavalry and the Army Engagement Group among others.

A number of added incentives for local businesses who employ military veterans were also discussed.

There was a pledge to provide financial assistance and support to employees who return to work after military service.

West Sussex County Council signed up to the covenant both in 2012 and is currently reviewing its HR policy to provide additional support to Reservists employed across a number of council departments.

Vice-Chairman of West Sussex County Council and West Sussex Military Champion Nigel Peters, who chaired the event, said: "It was interesting to see so many local councils, businesses and services come together to discuss, understand and commit to deliver on these promises to our local armed forces and I'd like to thank

the Royal Artillery Joint Command based at Fareham for their support in hosting the day."

"The event emphasised all the good work that local councils and services around West Sussex are already doing and helped to highlight areas we now need to focus on."

"Our services men and women are some of the most skilled workers in the country and can offer a great

deal to employers and the local economy."

"It is important that we ensure we do all we can to help them and their families find their feet and settle back into normal civilian life as quickly as possible at the end of their service."

"Our commitment to the Armed Forces Covenant will ensure we deliver on this."

Concerns about plans for local health services on Select Committee's agenda

CONCERNS about the impact of plans for some local health services were on the agenda at yesterday's (2 Oct) Health and Adult Social Care Select Committee meeting.

The meeting took place in County Hall, Chichester.

Concerns have been raised in the community following Council Health Services Clinical Consultancy Group (CCG) decision to award a contract for mental health services to a new provider. Mental health services deal with

a variety of conditions affecting people's minds, brains and hearts and range from hospital services such as orthopedic surgery to services provided in the community such as physiotherapy and pain management.

The Select Committee has invited the CCG to provide an update to its plans and will ask it to give assurances about any possible impact of the changes on other key local health services (including trauma, A&E).

JOIN FOR FREE AND GET OCTOBER FOR FREE!*

OPERATIONS ROOM

Gym, pool & classes ...now from £44 per month

Get full access to all our facilities for one low monthly rate.

Come and try us | Call 01243 788 678 | Visit nuffieldhealth.com/chichester

Offer valid for new members only. *Offer valid for October 2014 only. Subject to availability.

LOWERY JEWELLERS

First selection of pocket and wrist watches and jewellery available in store



We purchase many more makes of Swiss Watches



LONGINES

TAG HEUER

JASER-LECOULTRE

RAYMOND WEIL

GUCCI

OMEGA

74 North Street, Chichester, West Sussex, PO19 1LQ Tel: 01243 789518 Email: lowery@btconnect.com

www.loweryjewellers.co.uk

On the road to Emsworth... and Nepal!



Girls make their journey to Nepal

THE OLD hospital beds from Hatfield Health Chichester Hospital have begun their journey to their new homes, some trips longer than others.

"When the hospital decided to upgrade the list of their manually operated beds, they put a call out to say the old beds were free to a good home. The hospital was

surprised when the first beds were swapped up by a new EDI hospital in Nepal. A charity called Medical Aid International collected the beds on Friday afternoon to begin their long journey to Nepal.

The remainder of the beds were taken by CHADS in Emsworth, a centre for children with disabilities. Kerry Napleton, from CHADS, said: "The beds patients will help us move a step closer to offering overnight stays to young people, which will help them move toward a shared living experience. It will also provide families with a break from their caring role."

Statutory Development Manager Emily Goodwin at the Hatfield Health Hospital said: "We are delighted the equipment will continue to benefit people, both here and abroad. We have committed all 30 beds to areas across the group with details of the charity work on our website. I am proud to be part of this."

To find out more about projects run by Medical Aid International visit <http://www.maid-international.org>

Could you help a young person on the road to independence?

LEAVING ALONE for the first time and taking those first steps into independence is a scary way.

But for vulnerable young people, staying with us on their own is particularly daunting and scary, why we need you.

West Sussex County Council is looking for more people to become Supported Lodgers/providers - and in doing so, help a vulnerable young person prepare for independence in a safe and stable environment.

To help you find out more about Supported Lodging, an information day is being held at County Hall, North, Hove, on Wednesday 2nd October 2014, from 10am to 4pm.

You'll be able to meet with members of the Supported Lodging team, who'll be on hand to answer any questions you may have.

Supported Lodging provides accommodation for young people for young people aged between 16 and 25 (or 19 to 24 in higher education) for whom the County Council has a

responsibility.

They may be care leavers or not able to live with their own family currently.

Supported Lodging prepares them for adult life by helping them to develop the skills they will need while living in a safe, stable and supportive place.

Peter Smith, County Council Cabinet Member for Children, Youth of Life, said: "Supported Lodging is a highly important service as it provides a home for our young people who may have just left care, but aren't yet ready to live on their own."

"If you have a spare bedroom and think you could help a young person, why not consider becoming a Supported Lodger provider?"

To find out more contact enquiries@wsc.gov.uk, visit the website at www.westsussex.gov.uk/ supportedlodging or attend the drop-in event at County Hall North.

The Chichester Contemplative Prayer Group 'BE STILL'

Exploring silent prayer in the Christian tradition

Presents a talk on

'The Ignatian Spiritual Exercises'

Sunday 11th October 10am-12.45pm

at St George's Church, Wiche, Chichester, PO18 3AB

Featuring a talk by Canon Richard, a trained Ignatian priest and a licensed lay minister at the Shrine of England. He trained as a spiritual director at the Ignatian Spirituality Centre for life, vitality and the spiritual life experience of the Ignatian Spirituality Institute.

Further information available from:

Geoffrey Long, a trained Ignatian priest and a licensed lay minister at the Shrine of England.

You will be invited to pray.

Further information available from:

Ann Hughes 01243 771118

Barry Gwynne 01243 771118

Barry Gwynne 01243 771118

For further information contact geoff@chichestercontemplative.org

Entrance is free but we do ask for a small donation of £2.00

George Bell House, Dover Lane, Chichester

Arrival time 10.00pm from 7.30pm until 10.00pm

The next event begins with some brief Ignatian contemplative prayer. Followed by 11-12 Ignatian spiritual exercises.

Win a meal for 2 at Murrays

Murrays



Chichester Hotel is participating in the 'Win a meal for 2' competition for two people. Entry is free.

The Chichester Hotel will be running a 'Win a meal for 2' competition sponsored by Murrays. It is a free competition where every week, while you have to guess the Chichester Hotel photo.

For your chance to win this amazing prize, you must guess the photo shown the following photo question.

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition email your answer name, address and contact number to enquiries@chichesterhotel.co.uk

North Street, Chichester West, Sussex PO19 1NH
Tel +44 (0)1243 778000 Email enquiries@chichesterhotel.co.uk

Before doing so, please check the Chichester Hotel website for more information on the competition and also a full list of the hotels that are participating in the competition. There is no cash alternative to the prize and for prizes to be awarded by Murrays every Wednesday. Every photo must be sent by the last week's closing date. Prizes are awarded.

**50%
OFF**

SHERATON
*kitchens units &
worktops,
on selected ranges*



Contemporary



Stylish


**BRITISH
QUALITY**
kitchens

Your Local Showroom is:
CHICHESTER
Quarry Lane, West Sussex
PO19 8PE

Don't miss out on the Covers 50% off Sale,
on Sheraton Kitchen Units & Worktops.

Plan & Design your kitchen with a Free consultation

Book today by calling 0800 141 3952

Valid from 1st October - 29th November 2014 for delivery by 9th January 2015.
Selected ranges only, please ask staff for details. Terms & Conditions apply.

Like us on Facebook



www.covers.biz



EXCLUSIVE OFFERS FROM BRITANNIA WINDOWS

TRANSFORM YOUR HOME FOR LESS

UP TO 45% off
WINDOWS

DOORS FROM **£599**
Including VAT & Fitting!

Aluminium & PVCu
Bi-fold Doors

Huge Savings on
Conservatories
& Orangeries

VISIT OUR ROSE GREEN SHOWROOM

01243 268777

www.BritanniaWindows.co.uk



BRITANNIA
CONSERVATORIES
WINDOWS • DOORS

Setting children up for success in later life



THE NUMBER of two-year-old children in West Sussex benefiting from free early education and childcare has risen to over a thousand thanks to an expansion of the 'Free-Childcare' scheme.

West Sussex County Council, an ongoing priority to develop its child care, also benefit from the scheme, which offers up to 15 hours of free childcare per week (8 1/2 hours of the year) with a registered nursery, pre-school or childminder.

The appeal comes as a new report has found that children who receive pre-school education have more chances of getting better GCSE

results and ultimately earning higher wages later in life.

The Education Endowment Foundation research shows children who go to pre-school are prepared to learn 50,000 more during their career than those who don't. They are also more likely to achieve higher results in English and maths GCSE exams.

West Sussex County Council Cabinet Member for Children – David Lee, Peter Stone, said: "It's heart-breaking that children benefit so much more from such early education before they start school. Making friends, playing social skills

and getting ready for school are just some examples but this new research shows that the benefits are wider reaching and the positive effects can last right through into adult life."

Currently around 1,400 two-year-olds are accessing the free entitlement, but it's estimated hundreds more could also be benefiting. The recent expansion means around 80% of this age group are now eligible.

Three and four year-olds have been benefiting from the scheme for some time, with around 25,000 regularly enjoying sessions in West Sussex alone.

If you have a child who is two years old you can see if they qualify by visiting www.westsussex.gov.uk/childcare, where you can also apply online for further information about the County Council's Family Information Service. You can email familyinfo@westsussex.gov.uk or call 01243 777077.

Further information can also be found on the County Council website at www.westsussex.gov.uk or by asking at your local Children and Family Centre. West www.westsussex.gov.uk is a centre close to you.

Trading Standards warn of zero tolerance approach to fake menu descriptions

CATERERS are being warned that a zero tolerance approach to being taken by trading standards officers when it comes to fake menu descriptions.

Pubs, restaurants and cafes and food operators across West Sussex are being urged to ensure their food menus are honest to be safe and the public are being encouraged to report their suspicions.

The team at West Sussex County Council have previously issued warnings about false claims but problems have been found. Recent examples include a lamb dish containing chicken, Doves dishes containing chicken, Doves dishes containing beef, organic Free Trade beef which wasn't either organic or Free Trade and 'family sized' and 'small' meaning 'larger' which were smaller.

Importantly are containing only those phrases but use the tougher action will involve businesses that have previously been warned being reported again. If the same false descriptions are found again, court action could be the next step.

The warning comes as the Government publishes the Food Hygiene and the Integrity and Assurance of Food Supply Networks

following the horsemeat scandal. The report makes a number of recommendations including a 'zero tolerance' approach to all types of food cases.

Local Council, West Sussex County Council's Cabinet Member for Residents' Services with responsibility for Trading Standards and The Food Network is well aware of the response we are planning to take with the ongoing problem of menu descriptions.

Though Trading Standards has been warning traders in recent years about the false descriptions seen on of other rather than meat, we now have to take a line in the sand.

Those recently warned are being re-visited and, if further problems are found, could face court action. We would therefore step in to ensure what is supplied. It's also taken into account.

If you feel you have been misled by a menu description, please let Trading Standards know by calling 01243 740000, among other online reporting from at www.westsussex.gov.uk/foodnet.



CHICHESTER Park Hotel

13 EAST WILTON ROAD, CHICHESTER

01243 817400

Take a stroll in the Sussex countryside and enjoy South Downs. Explore the city's pride and joy, the Cathedral and the Heritage of Arundel Castle.

Chichester Park Hotel is the ideal place to stay for visiting the historic city, as well as offering perfect wedding venue or conference facilities in Chichester.

Visit our website for more information on why Chichester Park Hotel is ideal place to stay in West Sussex.

Chichester Park Hotel | Midweek Deal | What's on offer | 01243 817400 | 7001 1000
Tel. 01243 817400 | www.chichesterparkhotel.com



Murrays



Murrays Chichester Hotel Ltd
www.thechiphotos.net

DELIVERY
2-4 WEEKS ONLY


Not Only Sofas



Launch of an Exclusive Brand of High Quality Sofas

Charlotte - Anne Collection

The Charlotte - Anne Collection is a brand new range exclusive to Not Only Sofas as your local stockist

"True British Manufacturing at its Best"



Ella

Fabric 3 seater sofa
choice of colour

from £449



Charlie

Fabric 3 seater sofa
choice of colour
Available in 3+1+1 & 3+2

from £459



Nina

Fabric 3 seater sofa
choice of colour
Available in 3+1+1 & 3+2

from £499



Bella

Fabric 3 seater sofa
choice of colour
Available in 3+1+1 & 3+2

from £499



Rio

Fabric 3 seater sofa
choice of colour
Available in 3+1+1 & 3+2

from £499



Melissa

Fabric 3 seater sofa
choice of colour
Available in 3+1+1 & 3+2

from £499



Casper

Fabric 3 seater sofa
choice of colour
Available in 3+1+1 & 3+2

from £519



Middletown

Fabric 3 seater sofa
choice of colour
Available in 3+1+1 & 3+2

from £549



Piza

Fabric 3 seater sofa
choice of colour
Available in 3+1+1 & 3+2

from £549



Katie

Fabric 3 seater sofa
choice of colour
Available in 3+1+1 & 3+2

from £549



Brazilia

Fabric 3 seater sofa
choice of colour

from £569



Laura

Fabric 2.5 seater sofa
choice of colour

from £549

(most models come with storage footstool/footstool options)



Not Only Sofas

Unit 15 Castle Grove Business Park,
Darbus Road, Bognor Regis
PO22 9QT

Tel: 01243 863363
www.notonlysofas.co.uk

**WE'RE CLOSER
THAN YOU
THINK!**

'Come in and see
our exciting new
range of Sofas'



OPENING TIMES Monday - Saturday 10am - 6pm, Sunday 11am - 4pm

National News

News in Brief

• The Ministry of Defence has ended contracts with EADS for the supply of the Royal Navy's fleet. It said the deal would amount to £550m over the 10-year period, based at Devonport, Falmouth and Portsmouth. Defence Secretary Michael Fallon said it was the "second biggest defence contract placed by the Government".

• The British National Party says it has expelled its ex-leader Nick Griffin. In a statement, the BNP accused him of trying to 'destabilise' the party and 'harass' party members. In a tweet, Mr Griffin took issue with the decision, accusing the party leadership of 'political paganism'.

• Broadcaster and musician Rudi Tracy, who was the first woman to read the news on BBC Radio 4 and presented the *Land Special* on Radio 2, has died. A broadcaster, she first found fame as part of the musical duo The Tracy Sisters before becoming a TV presenter. She joined Radio 4 in 1979 and moved to Radio 2 three years later, joining a cult following with her overnight *Tracy's House* in the early 1990s. She went on to spend 12 years as the voice of Radio 2's *Big Band Special*.

• The families of two women, who were awarded by divorce settlements, have called for a national strike to support a request under the Freedom of Information Act to see whether there has been any people have agreed to accept a petition calling for a change in the law to protect offshore. The parents of Jane Clough, who was awarded in 2004, and now, have already responded to change had been.

• A woman's decision to sell an ancient Egyptian statue for nearly £1m was a 'great victory of public law', the Museum of Ancient Egypt, has said. Northampton Borough Council said the 4,000-year-old limestone statue, an *Apollon*, partly to help fund the expansion of the Museum and the City Gallery. A woman of the Museum has decided to buy the statue from membership for five years. But the authority said it had already decided to keep its membership.

• The UK's only link to Somerville is to be for good, starting the 'the end of an era', as the statue says. The statue between Harwich, Essex and Norway in Denmark, now by BNP, has been in operation for nearly 200 years. The company said the statue 'has been struggling for a long time' and would not be able to be made around with a new international law.

Police identify body in river as missing Alice



Alice Green was last seen on August 1

A BODY found in a west London river at that of missing Alice Green, the Metropolitan Police has confirmed.

The 14-year-old student was found on Tuesday night in the River Brent. She was last seen on 21 August after

she left her home in Havell, west London.

Alice's parents say they have been 'left completely devastated' and thanked the local community for its help in the search.

A post-mortem examination

was held on Wednesday at Uxbridge Hospital.

Police said: 'Due to the complex nature of this case, it is not possible to say at this time if the body is that of Alice Green.'

Alice parents: Harold

Hughes and Jane Green said: 'It is difficult to comprehend that our sweet and beautiful daughter was the victim of a terrible crime.'

'My anyone would want to hurt her is something that we are struggling to come to terms with.'

'Alice was a loving and much loved daughter and sister, a quality few could of a girl, beautiful inside and out.'

'She was a fiery character, a loyal friend, both passionate and compassionate, and so devoted with a bright future ahead of her. The thought is such a joy to our family and those who knew her.'

Her school said in a statement: 'Alice was an outstanding and talented student who will be sorely missed from our school community.'

'This is a very sad day for our school and we are devastated by this tragic loss. We are doing everything we can to support each other and will continue to do so in the days and weeks ahead.'

Banksy anti-immigration birds mural in Clacton-on-Sea destroyed

A NEW Banksy mural showing a group of pigeons holding anti-immigration banners has been destroyed following a complaint the work was racist.

The mural in Clacton-on-Sea, where a by-election is due to take place following the local MP's defection to UKIP, appeared last week.

It showed four pigeons holding signs including: 'Go back to Africa', while a more anti-linking bird looked on.

The local council, which removed it, said it did not know it was by Banksy.

Clacton District Council said it received a complaint that the mural was 'offensive and racist'.

The artist, who claims to remain anonymous, posted pictures of the work on his website earlier.

But by the time it had been removed, the mural had already been removed due to the complaint received on Tuesday.

Paul Brown, communications manager for the council, said: 'The art was suggested by staff who agreed that it could be seen as offensive and it was assumed this morning in line with our policy to remove this type of material within 48 hours.'

'It would obviously welcome an appropriate Banksy original on any of our murals and would be delighted if it returned as the future.'

A spokeswoman for Banksy said the artist would not be commenting further on the Clacton piece.

Banksy's work often makes political statements, covering subjects including global warming, war, surveillance and poor working conditions.

In the past, his art has been cut from walls and sold for hundreds of thousands of pounds.

Cameron pledges tax cuts 'for 30m people'

DAVID CAMERON has pledged to cut taxes for thirty million people of the Conservative was next year's election.

In a speech, which ended his party's conference, the PM said he would raise the tax-free allowance from £4,600 to £5,000 by 2010.

He also said the threshold for the top income tax rate would be raised from £4,500 to £50,000 by the end of a five-year Conservative government.

The changes would help people who 'live the right way', he said.

Both tax reform proposals - the terms of which the party said depended on a Conservative government - were widely expected.

Mr Cameron also promised: 'A Conservative government would protect the NHS budget for England.'

He would 'deliver' on a pledge of 'English votes for English laws'. The UK would not 'walk on by' in the battle with Islamic State interests.

Immigration would be at the heart of his EU negotiation strategy. A vote for UKIP at the next election would be 'a vote for Britain'.

He would keep the Home Office Act. Every member could have a place on the National Security Council.

Chichester Business

Working with Recruitment Companies Effectively



For most, trying to get a new career to the current market place can be a difficult, challenging and frustrating task, so where do you turn for help?

This week I met with **Sarah** from **mindseye** and put the question to them! The Chichester based consultancy is experienced at working with a broad range of clients, on both a local and national basis. They operate as a number of different entities, including sales and marketing, financial and technical recruitment. Phil Stokes is technical recruiting Director and offered me some useful tips to show web potential job seekers

1. Know what you want!

Take your time and think about the type of role you really want, and move to the point the sort of role that you will be doing you, also remember your current general level what you know

2. Research the market place

The internet has opened the market place up as much over the past 10 years, that it is now easier to find what you need on the 'information super highway', so don't just look for jobs, look for specialist agencies, websites, or publications too. Don't just rely on agencies to do the searching for you, be proactive and think outside of the box!

3. Present yourself professionally

Take the time and effort to present yourself professionally, there can be no excuse for poor spelling or grammar in your CV. If you can't write, then ask a friend or get it done professionally. Remember CVs should be no more than 2 or 3 pages - always maximum.

4. Be realistic in your expectations!

When applying for a vacancy, please state that you understand what is being advertised and whether

or not your skills and experience meet the criteria

5. Read a brief covering letter and keep it concise

Wherever possible try to send a one or two paragraph, covering letter outlining why you feel you would be suitable for the role alongside your CV. Recruiters are busy people, and if there are too many unanswered questions, your CV may end up on the 'reject' pile or opposed to the 'reject' pile

6. Decide who to approach

Spent time researching who it's worth approaching, then pick up the phone and talk to them.

7. Be patient

Job hunting can be a frustrating

business and you have to learn from the advice you are being given. Ask your recruiter why you have not been considered and use the feedback given as a constructive answer, learn from it and then try to correct your thinking.

8. When you do get an interview prepare for it

Chichester is looking more than a well prepared Candidate that is smart, personable, and confident, with an understanding of what the company do and what the role entails

9. Turn up for your interview

If you are personally attracted to a role and an interview has been set up for you, make sure you go to it!

10. Whatever the outcome, learn from it

Always try and remember that Recruiters make their money through fees, so even if they seem to get you the job, but also bear in mind that if they don't feel you are suitable, they are probably right!

There are some useful points from Phil, which have meaning for me to remember for my own business as has built up a wealth of knowledge and experience to be best placed to help those seeking employment, as well as local companies looking for staff. Should you wish to get in contact with Phil, you can do so at phil@mindseye.co.uk or www.mindseye.co.uk

Herald Recruitment

Chichester Herald provides businesses with an unrivalled, targeted and cost effective advertising solution across the City with a newspaper readership of 113,000

The newspaper is available for self selected pick up across the city of Chichester and surrounding areas in a wide variety of locations every Friday

We also deliver thousands of newspaper inserts across the area every week.

As well as this over 1500 businesses

in our area will also get at least one newspaper delivered to their address if they are in the City Centre, a town or village, all included in our catchment area - a real win on a community!

We have 432 newspaper stands across the district and in a location as far north as Havant, south to Salisbury, the Wiltshire and Wiltshire, east to Andover and west to Bournemouth

What better way to advertise your business to thousands of people sharing from £25 + vat per week to advertise then call **01243 348811** or email advertising@chichesterherald.co.uk

ICT Technician - Full time

Unique Opportunity for a dedicated individual to provide ongoing IT and support functions to our progressive proprietary school located in the countryside near Chichester

The successful candidate will be responsible for the ICT Director for all ICT related and IT functions and will be supporting our main systems supplier TaylorMade IT

For further details and an application form, please phone **01243 814268** or email office@proschool.co.uk

Application will be submitted to leading HR provider at 10. The first three bids (Chichester, Salisbury, or Chichester) will be sent to the school. The school will be contacted by email to arrange an interview. The successful applicant will be subject to a reference check.



CHICHESTER'S LARGEST INDEPENDENTLY OWNED NEWSPAPER

Chichester Herald is the area's largest independently owned newspaper, written and put together by local people, reaching an audience of up to 75,000 every week

Tel: 01243 200999
Email: advertising@chichesterherald.co.uk
Web: www.chichesterherald.co.uk

Find us on Twitter [@chichester](https://twitter.com/chichester)

Experts help young imaginations take flight at Story Factory, Chichester

BRING YOUR IMAGINATION and let it fly! That's the message to local children aged 6+ from the team behind a brand new Chichester based creative workshop.

Presenting a story sparkles! Story Factory Children invites children to embark on a fun and fascinating exploration of stories through words, art and music as part of a day-long Halloween weekend.

Hosted by authors Eric Lipton and Vicki Edwards, special guest experts include *Glennan* writer and producer Dana Hunsbaldwood, *Illustrator* and *Designer* Paul Fuller and online publisher Mike Fry.

Taking place from 12.00 – 4.00 on Friday 20 October at the Friends Meeting in Chorlton, children of

all abilities will be encouraged to use their imaginations to create stories inspired by some word and wonderful page. Including: authors in writing, illustration (including cartoon and comic strip) and music, as well as games and craft, the umbrella theme for the day will be 'The Trust of Imagination'.

Kate Luster said: "As local writers Wicky and I are often asked if we know of any creative writing sessions specifically for children. The only session we were aware of had closed down so we decided to try having a one-off event with a view to making it a regular session, depending on the take up. We know that children express themselves in different ways creatively and thought perhaps we could come up with

structure that enabled them to tell their stories by writing, drawing and also by exploring story songs and stories that can be told through craft. We might not quite manage anything on the scale of the *Koyukuk Tapestry* but I'm sure there will be some amazing ideas and lots of enthusiasm! We are also incredibly lucky to have two very special guests to share their expertise with the children, who will showcase their work at the end of the day for their parents'.

The workshop is for the whole day Copper child. All materials, drinks and snacks will be provided – just bring a packed lunch and your imagination! For more details and booking forms email Katy@ChickstarterCopywriter.co.uk or call 01904 690901.

GREEN FAIR

**ASSEMBLY ROOMS
NORTH STREET
CHICHESTER**

FREE ENTRY
SATURDAY 11TH OCTOBER
10AM - 4PM

For a fantastic range of local organic produce
ECO FUN for children and grown ups

Fairtrade Cafe
come for tea,
coffee and lunch

Find out about
local growing
projects and
energy saving

WILEY

www.TransitionChichester.org

www.transitionchichester.org.uk

Food & Drink

Experts say Foodbanks are inevitable in the UK

FOLLOW US ON TWITTER
@chichesterbulletin

FOOD INSECURITY AND MALNUTRITION in the UK is a much wider problem than has been recognised, according to experts from the University of Manchester.

Dr Kraggley Paudyal says the demand for foodbanks is underestimated with large numbers of people thought to be at risk of malnutrition in the UK. Many older people also face food insecurity. The rapid growth in the number of foodbanks and food charities points at a significant increase in the prevalence of food insecurity.

The research shows on survey evidence, close evidence of foodbanks and awareness with foodbanks users, and identified that:

- In one Northern city, there are seven Foodbank, three foodbanks, and a further three other food and provisions in the area.

- Estimated numbers of people are concentrated in their food choices and are shopping needs to provide their families.

The Government spends an estimated £1 billion on disadvantaged malnutrition each year



(LIVER) says: The National Institute for Health and Care Excellence has identified better evidence as one of the key outcomes for the NHS.

Dr Paudyal said: "In political and media debates foodbanks seem to have been virtually described as being 'opportunistic', not able to cook or budget and 'living like animals'." The evidence from the Chichester Action Group suggests that the most reported reason for seeking a place in a foodbank was a delay in benefit payments.

"However, the research suggests that people using foodbanks have a clear understanding of the state of food and are limited in how they could change their financial

circumstances. Many people were advised to use a foodbank because of the stigma and embarrassment. Groceries and permits reported shopping needs so their children could eat, and also stated that they were not able to afford to have their children's friends around for tea."

Extractions from the case studies:

"The foodbank user's accounts demonstrate that they had concerns about the mental stages of asking for food aid."

"It shows your pride out of the window - I am doing it for my kids, I am not going to make my kids suffer just because of my pride." (Female, 34)

"I was nervous coming here,

I thought I had done something wrong, having to ask for food you go to see a bathroom." (Male, 40)

"A mother described how she had inherited a food parcel on behalf of her grown-up daughter who was too embarrassed to come the other way. "My daughter doesn't want to be seen as a scrounger." (Female, 39)

Many of the people visiting the one study foodbanks were vulnerable and at risk of self-harm.

"I was willing to turn to prostitution if I did not get help from the foodbank." (Female, 40)

"I need to make sure my kids have full bellies." (Female, 40)

"We try to say many make more just eat but she says she's not happy she's just making more we eat food." (Child young foodbank with her mother)

Dr Paudyal said there seems to be an inevitability to the scale of food insecurity given the economic recession and the present welfare reforms. He said: "Many of the foodbanks users we spoke to seemed

to be surviving from week to week even day to day. Some of the older people in need of food aid were not able to collect food parcels themselves and were having parcels delivered. Moreover, many people at need of food aid may not live near a foodbank. We also found that some of the foodbanks were running low on food supplies."

"While local authorities have provided some funding, food aid is predominantly reliant on volunteers, food donations and the support of supermarkets and food manufacturers."

He said: "It can be questioned why the levels of food insecurity and malnutrition are so high in the UK and whether the government's reliance on food aid is economically and politically efficient given the impact on people's health and well-being."

"Food has an important role in defining our identities and in terms of family relationships. Yet this seems to have been neglected in the political debate surrounding food aid."



SMARTER CARS
Mobile Body Repair Specialist
Hassle Free We Come to You



We are your local vehicle automotive refinishing company.

Have your car repaired to body shop standard for a fraction of the cost.

Bumper Repairs: Spills, scuffs - from £65.00

Panel Repairs: Key scratches, dents, scuffs - from £80.00

Alloy wheel refurbishment: Scuffs, corrosion, damaged rims - from £50.00

We also carry out larger repairs at our local workshops; all work fully guaranteed.

Free collection and drop off service.

NEED YOUR CAR WEEKDAYS? NO HASSLE, WE WORK WEEKENDS

We cover Chichester and surrounding areas; please call Tony or email for free estimates.

07854868978/01243 670007 smartercars@btinternet.com

Unit 5, Easton Barnes, Easton Lane, Sidesham

Scrumptious, original and beautifully decorated cakes and cupcakes made to order, specialising in wedding cakes

*Phone today to
arrange a **FREE**
consultation!*

Wedding Kate

EXQUISITE GORGEOUS WEDDING CAKES

☎ 01243 262933

☎ 07983 341309

📧 @weddingkateuk

🌐 com/WeddingKate

✉ kate@weddingkate.co.uk

www.weddingkate.co.uk



Garlic and raisins reduce risk of early childbirth

Pregnancy and giving birth are full of joy and happiness, but also worries too. Every expectant mother on the planet wants the safe delivery of her baby, and probably on the due date! I was very lucky with both of my children, and their deliveries went on the books, (as to be precise) but luckily they were not complicated or early. These ladies have found though, that supplementing early childbirth and it can be very dangerous, and quite a shock, not only because you are not physically prepared, but also mentally it can be scary. Our bodies are designed to go through the three trimesters for a reason. It's nature's way of preparing our bodies for the upcoming journey.



Denise Kelly
Naturopath & Herbalist

to carry oxygen and nutrients to the developing baby, and you have not yet arrived.

The second trimester is often called the "golden era," and (twins except) is the most comfortable period of time for the majority of pregnant women. Most of the early pregnancy symptoms will gradually disappear, and you should enjoy a more normal life's sleep and a more active lifestyle during the day.

The third trimester lasts from the 28th week through the birth of your baby. During the third trimester, you will start seeing your health care practitioner more frequently than your doctor will regularly test your urine for protein, check your blood pressure, listen to the fetal heart rate, measure your fundal height (the approximate length of your uterus), and check your hands and legs for

swelling.

Getting the correct nutrition and good food intake, to support you and your baby at this time is critical. New studies in Sweden have found that during pregnancy, eating garlic and dried fruits reduce the risk of premature birth. Nearly 20,000 pregnant women were enrolled in the study and of these 5 per cent gave birth prematurely.

The researchers found that women who ate about average amounts of garlic, particularly at the start of the pregnancy, have a 10 per cent reduced risk of giving birth prematurely. In addition, eating large amounts of dried fruits, especially raisins, later on in the pregnancy reduced the risk of an early birth by 10 per cent. Garlic effect is particularly interesting, as premature births are often caused by infections. They believe that it may



be the antioxidant substances that both garlic and dried fruits contain, that prevent early childbirth. It's very clear from these studies that women

should eat garlic and dried fruits during pregnancy, and I would recommend doing whatever it takes to get healthy, if possible, even if it is a lifestyle.

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her on: denise@chubzold.co.uk or [01323411105](tel:01323411105).

Stress and anxiety relief

CAN YOU imagine your life without stress? Any level of stress leaves its mark on your mind and body. Even positive events such as a wedding or the birth of a child living with these acute stress and anxiety.

Acupuncture is a proven and effective treatment for stress relief

and is becoming increasingly popular.

Through stimulating channels with needles, the Qi in the body is able to flow freely in order to restore harmonious balance in the body. So you will find release from physical symptoms, such as tense muscles, muscular pain

and high blood pressure which will allow you to feel refreshed and energised.

More importantly, regular acupuncture treatment can help to strengthen your body and improve the body's immunity, so you're able to deal with the day to day stresses of life more effectively.



A patient under Dr. Feng Wang's treatment.



Dr. Feng Wang and Susan Wang

Alternatively, acupuncture/Chinese massage can be applied to people who have a fear of needles. However, acupuncture (needles) is often applied to clients after acupuncture in order to enhance the effectiveness of the treatment.

In fact, in some cases, acupuncture is being used to treat conditions that actually help detect another, more serious illness that has not been previously identified. In such cases, acupuncture aids in early diagnosis and treatment.

Remember, acupuncture/acupuncture is just one method of relieving stress. It's also important to learn positive and productive ways to cope with stress on a daily

basis, thereby maintaining them to help you enjoy a happier and healthier life.

Dr. Feng Wang is an associate of the ACP (Acupuncture Council) and has been practicing his profession for over 20 years. He has been visiting at CentrePoint in Gloucester, which has helped to improve the health of many people. He also has his own clinic in Gloucester city centre.

Hermony Acupuncture Clinic, 4 The Chambers, 41 Chapel Street, Gloucester, PO16 1DL. G6 6EJ. 01243 537705. www.hermonyacupuncture.co.uk

Free consultations and free parking.



Spire

Portsmouth Hospital

**You can never predict
an injury or illness...**
but you can choose
where and when to
be treated

With our one-off private treatment you can
receive a comprehensive range of operations
treatments and tests in a clean and
comfortable environment

We give you

fast access to leading consultant surgeons

- cleanliness and safety: no cases of MRSA
bacteraemia reported in our hospital in 2013
- support and care from dedicated clinical staff
- privacy and comfort of your own room

Call us now to find out more on

02392 456172

www.spireportsmouth.com

Looking after you.

Fashion & Lifestyle

FOLLOW US ON TWITTER

@cheshirelive



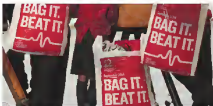
Battle of the wardrobe

50% OF PEOPLE from the South East think that women should be allowed more space in shared wardrobe than men according to a new study launched today by British Heart Foundation (BHF) shops for their Bag it Beat it campaign. The campaign urges donations of unwanted items to BHF shops to raise funds for congenital heart disease.

When asked why women should be allowed more space in the wardrobe, over a third of people from the South East (34%) said it was because women are judged more heavily on looks than men, 25% said because it stopped arguments and 24% said it was more important that women look good.

51% of people from the South East admitted to filling out with their partner by taking up too much wardrobe space, with an average of three arguments per year.

Caroline Latta, people from the South East can to avoid arguments



use wardrobe space wisely, with hanging clothes made other clothes to look better, 51% cutting off new labels before they hang clothes up and 51% buying expensive wardrobe.

South East people also admitted to only wearing around half of their wardrobe in the last six months

(39%) and 51% confessed to knowing clothes hanging up from the floor.

BHF shops are urging the public to Bag it Beat it by having a clear out and donating their unwanted items to their local BHF shop to save old loads for congenital heart disease.

Angie Miller, BHF Regional Manager, says: "It seems it truly is the war of the wardrobes in South East household. Instead of fighting over the space, we're urging the public to put aside some time to have a clear out and donate bags of their unwanted items to their local

BHF shop to Bag it Beat it."

"Your unwanted items will raise vital life-saving funds, helping little hearts continue to fight congenital heart disease. Visit bagitbeatit.org.uk for more information."

An estimated 4,000 children with congenital heart defects (CHD) often limiting their physical ability and quality of life. Have started about that year but nearly 200 of their potential classmates will have lost their life before reaching school age (1). By supporting Bag it Beat it, your wardrobe will be saved for further research.

Everyone can get involved by simply filling a bag with good quality clothes, shoes, coats, handbags, PJs, CDs, books, toys and children's items and bring it into their local BHF shop.

To find your local BHF shop or to book a FREE collection for your unwanted items visit: bagitbeatit.org.uk or call 0800 097000.

Old Thorns Manor Hotel, Liphook

Wedding Fayre

Sunday 5th October 2014

10.30am - 3.30pm



Old Thorns Manor Hotel has been this setting for some of our largest wedding banquets in Hampshire and we are delighted to have the opportunity to host our 100th PMN Wedding Fayre at this amazing venue.

With over 200 of the very best wedding suppliers that Hampshire, Surrey & Sussex has to offer. Fabulous local fashion shows at 11.30am and 1.30pm in the Grand Ballroom. Browse the stunning wedding cakes, floral displays, professional photography, chair covers, table settings, live entertainment, wedding transport including the ultimate method of transport - a helicopter! Take a ride in the horse & carriage too as well as guided viewings of this stunning wedding venue with the Old Thorns Wedding Co-ordinators who will be on hand to guide you and discuss your own wedding day requirements.

Come early to make the most of all the screens and products on display as it is this special 100th Wedding Fayre Celebration Event we have hundreds of pounds worth of prizes to be given away on the day. With fantastic suppliers, great deals, special offers and so much more, you will be, we are sure, be truly amazed by this sensational venue and what it has to offer for your wedding day.

Visit Our Website
www.pmnweddingfayres.co.uk

Find Us On Facebook
www.facebook.com/pmnweddingfayres

Tel: 07816 581 310
Fax: 07754 031 352
Office: 01329 227 437

Email: info@pmnweddingfayres.co.uk
Crown Hall, Crown Hill
Bachton, Hampshire PO16 6NS

Property

FIND YOUR PERFECT PROPERTY
in Chichester & the surrounding areas



FEATURE PROPERTY:
ALDWICK BAY ESTATE
£465,000



A detached chichester cottage situated in a private marine estate approx. 400 yards from the beach. The specification of this picturesque property includes g.t.h., u.p.v.c. glazing, lounge, dining room, rear sitting room, kitchen with breakfast room, shower room, four bedrooms, bathroom, separate w.c., tandem garage with utility area and gardens to front and rear. EPC Rating: C

For more information, contact Coastguards Estate Agents on 01243 267026 www.coastguardsproperty.co.uk



NEW IS...WARM

Discover all the benefits of a
new home this autumn with
Barratt Homes at Canal Walk

Get more at barratthomes.co.uk or call 01243 779754



*Shown for information only & not for sale

coastguardsproperty

6 Coastguard Parade, Barrack Lane, Aldwick



www.coastguardproperty.co.uk

Telephone: (01243) 267026

Email: office@coastguardsproperties.co.uk



ALGORITHM

Case 3,500

A well presented detached house situated in a private Marine estate around 200 yards from the access gate to the private beach. The property maintained house has a lounge, dining room, a classroom, well lit kitchen/breakfast room, utility room, master bedroom with en suite shower room, guest suite with en suite shower room, third bedroom/study, fourth bedroom, family bathroom, integral double garage and well screened gardens. EPC Rating: G



A. L. EDWARDS JR.

€650,000

[illegible]

GRANDEWELL PRIVATE ESTATE £755,000

Well-planned modern detached house situated in prime residential area, owned 200 years from the inside. Large South facing lounge, fireplace, front porch, excellent front aspect. Many additional rooms, utility room, an unusual central staircase and landing. Master bedroom with en suite bathroom and balcony. Three further bedrooms. Two bathrooms, double garage and garden, including a South facing rear EPC rated A.



GRASWELL PRIVATE ESTATE £775,000

Well presented modern detached house situated in private garden, built around 200 yards from the beach. Large South facing lounge, spacious dining room, versatile dual aspect study/breakfast room, utility room, an unusual curved staircase overlooking master bedroom with en suite bathroom and balcony. Three further bedrooms, family bathroom, detached double garage and carport including a driveway. **Call 01273 310000**



ALDWICH RAY STATE

CS-703-0400

A selective, self-directed, learner-oriented, two-part practice series of practice materials covers either self-paced or the classroom mode. The course materials have been developed as a comprehensive program to assist the individual in the development of a self-paced learning program. The materials are designed to be used in a self-paced learning program. The materials are designed to be used in a self-paced learning program. The materials are designed to be used in a self-paced learning program.



ALDRICH DAY ESTATE

EAST-8000

for sustained inhibition, whereas basilar stimulus appears to be sufficient to induce the presynaptic burst. The postsynaptic burst consisted of two or three EPSPs, and input-output data partially support this effect using stimuli with brief latencies (≤ 1 msec). Although sustained burst activity occurs, the frequency of spontaneous synaptic activity, synaptic depression, and synaptic facilitation, as well as synaptic input-output data, are consistent with a rapid transmission delay at the input-output synapse. *J. Neurosci.*, 1997, 17:1033-1043.



BOOKS RECEIVED

1538.0000

The company will be licensed with a 250 or larger.

Motors

SPONSORED BY PANTHER TRUCK RENTAL
01243 778109 www.panthertruckrental.co.uk



New car tax means government to get 'double money', says AA

THE AA has complained that the new vehicle tax system will provide the government with extra revenue, as some cars will, in effect, be taxed twice.

From Monday, it will no longer be necessary for motorists to use the DVLA to display a paper disc.

The AA said the new system will mean that in some circumstances the government will now get "double money".

However, the Driver and Vehicle Licensing Agency (DVLA) said it would not bring in much additional revenue.

Customers trying to renew their Vehicle Excise Duty (VED), meanwhile, have had problems with the website.

Some, like Mike Downbury from Manchester, spent more than 15 hours trying to renew his VED.

"The online system kept me stuck but I finally saw it because my car isn't now taxed," he told the BBC.

The DVLA said there had been "an unprecedented volume of traffic" to the website, and if people needed to call now urgently



they should go to a Post Office.

Under the new tax disc system, someone buying a car will no longer be able to benefit from any tax-free period on the day.

But while buyers will need to

renew the tax immediately, others are not allowed a refund for just part of a month.

So if a car is sold on any, the first day of the month, both buyer and seller will have paid the tax

for that month.

"Someone driving a car that gets a year's tax would lose it if they sold it at the beginning of the month," said Edmund King, the AA's president.

"Someone buying a car and months would have to pay Vehicle Excise Duty for the entire month," he added.

The DVLA said it was aware the new system was only created for each vehicle month that the disc was not used.

It added that 90% of cars bought do not include tax passed on by the previous owner.

The DVLA has previously said the new system will result in tax revenue to the tune of £100m a year.

But the DVLA dismissed that claim as nonsense.

It said it expects to save £100m a year by not having to print and distribute paper tax discs.

Those who have not paid the tax will be spotted on number-plate recognition cameras, or their details will show up online.

CAR AND VAN HIRE IN CHICHESTER



QUARRY LANE INDUSTRIAL ESTATE, CHICHESTER, PO19 8PQ.

CAR HIRE...CAR HIRE...CAR HIRE...CAR HIRE...CAR HIRE...CAR HIRE...CAR HIRE...

GROUP A CARS



JUST £99.00 + VAT PER WEEK
(£14.14 + VAT PER DAY)

AND.....THE FIAT 500 IS NOW BACK



**VIEW AND RESERVE
ONLINE.
IT'S DEAD EASY!**



West Sussex Trading Standards
Buy With Confidence
Approved Trader

www.panthertruckrental.co.uk e-mail enquiries@panthertruckrental.co.uk

FAMILY RUN BUSINESS - ESTABLISHED 1987

CHICHESTER 01243 778109



FOLLOW US ON TWITTER
@ChichesterH

Football

Sport

Errors costly for City

Sunday 18 September 2014
South West Division (H)
Exeter City Ladies 1-4 Chichester City Ladies

CHICHESTER LADIES made their longest away journey of the season on Sunday as they took on Exeter city ladies. The Grosvenor were playing as strongly after an additional start to the season. Chichester themselves were looking to get their season going in earnest after an impressive performance at home to Sharnbrook Ladies the previous week, now they got a point in a game they really deserved to win.

In the early exchanges of the game both teams showed some levels of possession. Exeter were keen to press the Chichester back line very high up the pitch and didn't give the defenders or midfielders a moment as the ball looked away to regain possession. For the most part Chichester coped very well, playing

forward out of trouble with Exeter's enthusiasm to press leading to Chichester passing several free kicks in their own half. In the home half progress

high up the pitch they left space in behind their back line, Spence and Challen both looked to capitalise upon this with some very direct runs and penetrate the box however the front line were unable to sustain much any of those balls and Exeter's goalkeeper remained largely untroubled. The home side's best chance of scoring looked to come from corner, they had a huge advantage in the later stages of the half however good organisation meant Chichester were able to clear their lines with relative ease.

Exeter did break the deadlock, in later circumstances, late on in the first half. After seeing a burning effort on goal from wide on the right, goalkeeper Parsons mistakenly placed the ball on the floor for a goal kick. The home

team's centre forward, seeing the ball had not gone out, walked up to the ball and punted it over an empty net much to the amusement of the away fans. Shortly after this incident, the referee blew for half time, Chichester faced themselves a goal down in a half they deserved to go a level.

The second half got under way and Chichester knew they had to work hard if they wanted to go home with all three points. Exeter continued their high pressing style but were now being set more reliable cover so quickly when the half was just their midfield line. Gosson and Challen were now working much better as a pairing and the latter found herself clear of her marker a few times early on, thanks to a couple of good saves and some tenacious tracking back she was unable to give any meaningful strikes on goal. Three Spence found herself back past the goalkeeper to beat however the

Exeter defence applied just enough pressure to put her off taking her chance. It was legitimate to look like one of those days for the green army as Spence for the bar, Challen found herself on goal but unable to meet it and Gosson was unable to find her shot on target and Middleton came agonisingly close with a volley from outside the area. Even though Chichester were unable to pay for not taking their chances but it was not through the home side creating a goal for themselves. Middleton played a back pass to Parsons and while tried to control the ball it rolled under her foot, in the end to recover the home side forward showed good anticipation to follow the ball in and once again beat the element of chance into an empty net.

After another set back the Grosvenor did not become despondent either they topped their press another time meaning they could still get something from this game. They created several more chances but were unable to really test the home team goalkeeper.

The afternoon play Chichester

Scored on Thursday night (see Oct) at Stocking Hill, followed by Chichester Town when on Sunday at Chillesdon Park with a slightly later look off time than usual at 19.30.



Julie Middleton went clear to Chichester duty



SMARTER CARS
Mobile Body Repair Specialist
Hassle Free We Come to You



We are your local vehicle automotive refinishing company.
Have your car repaired to body shop standard for a fraction of the cost.

Bumper Repairs: Splits, scuffs - from £65.00

Panel Repairs: Key scratches, dents, scuffs - from £80.00

Alloy wheel refurbishment: Scuffs, corrosion, damaged rims - from £50.00

We also carry out larger repairs at our local workshops; all work fully guaranteed.
Free collection and drop off service.

NEED YOUR CAR WEEKDAYS? NO HASSLE, WE WORK WEEKENDS

We cover Chichester and surrounding areas; please call Tony or email for free estimates

T 07854866978/01243 670007 E smartercars@btinternet.com

Unit 5, Easton Barnes, Easton lane, Sidesham

PropertyLife

...because life is for living



Why?

Whether you are a professional or looking for a residential return, a country property, a new lifestyle, investment or a portable office space - we need to provide it all. PropertyLife has a combined subscriber 70,000 people and gets distributed in the south coast of England's most affluent areas. With the significant rise in the property market, PropertyLife is of great interest to prospective purchasers and vendors and high end estate agents offering beautiful luxury homes. With adverts starting from as little as £350 per issue your company will see many benefits. *www.propertylife-propertylife.co.uk*

- Complimentary monthly property magazine for Hampshire, Sussex and Surrey.
- PropertyLife was created following a widespread demand for a complimentary high end property publication within the affluent Sussex, Surrey and Hampshire areas.
- PropertyLife magazine includes: Features and columns on home interiors, garden design, property market information, financial investment and mortgages, eco living, property development, dining and travel.
- Distributed to: Chichester, Arundel, Emsworth, Storrington, Petworth, Midhurst, Petersfield, Liphook, Havering, Chiddingfold, Bosham, Felpham, Polborough and the Witterings.
- Distribution points to include: Estate Agents, Waitrose, BHS, John Lewis, Henshaws, luxury clubs, hotels and spa's, private hospitals, cafes and high-end retailers.
- Full design support and marketing assistance.
- Adverts start from as little as £350 per edition.
- Magazine uploaded to our website for our online readers.

PropertyLife Ltd, Suite 804, 26 The Hornet, Chichester, West Sussex, PO19 7BS

Tel 01243 300250 Email: info@property-life.co.uk

Twitter: @PropertyLifeMag Web: www.property-life.co.uk